



Health Indicators/Measures For Physical Activity

- Did at least 94% of your UNIFORMED members pass the PFA?
- Did your command submit completed PRIMS data on time (within 30 days of the completion of the most recent cycle)?
- Does your command comply with OPNAVINST 6110.1H, para 11A - at least 3 physical conditioning sessions are incorporated into the workweek?
- Do at least 90% of your members report participating in at least 3 weekly session of at least 20 minutes of non-stop vigorous aerobic activity that results in a significant increase in heart and breathing rate (e.g., jogging, high-impact aerobics, continuous swimming, or bicycling fast or uphill)?
- Do at least 90% of members report participating in at least 2 weekly sessions of at least 20 minutes of strength training exercise involving most of the major muscle groups (e.g., sit-ups, pushups & chin-ups, stair-climbing, weightlifting, manual labor)?
- Has at least 1 Command Fitness Leader (CFL) completed the approved CFL training course?
- Have all of your assigned CFLs participated in a minimum of 1 class annually in physical readiness related topics (e.g., physical fitness, physical activity injury prevention/safety, weight management, nutrition)?
- Did at least 90% of your UNIFORMED members complete the current GMT on physical fitness?
- Did your command conduct or sponsor a physical fitness event?
- Did your command conduct a physical fitness awareness activity by setting up a display, distributing educational handouts, or conducting a physical activity event during Physical Fitness Month of May (preferably) or any other time?
- Did at least one "Crew" within the command participate in the annual "Crews Into Shape" in March (preferably) or at any time during the report period?

For further information, including source of data; how to calculate and analyze data; resources; rationale for this criteria (evidence & policy); supporting HP2010 Objectives, visit the NMCPHC Health Promotion and Award Criteria Website:

http://www.nmcpHC.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx